**WEEKLY JOURNAL**

Name _____ Journal #10

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Use the following sentences to help you get started this week:

- Criticism of your work can be hard to handle. I deal with it by…
- When something is difficult, I…
- I had a positive experience this week when…
- An interesting aspect of my work is…
- I wish that…
- At my workplace the attitude they expect you to have is…because…